

## JUNE 2010 ACS WORKSHOPS

### Magic 1,2,3

Tuesdays on 1, 8, 15, 22, 29 June, 0900-1100, Chapel, Bldg 1776, Rm 4. Parents will gain knowledge on how to raise competent, responsible and happy kids. Pre-registration preferred. Call 301-619-3404. Possible child care provided with 2 week notice.

### Kids and Internet Safety

Tue, 1 June, 1200-1300, SAS/YS Building 949. Sponsored by CLEOS and ACS FAP Educator. For information or to register, call 301-619-3404/3247.

### Playgroup

Wed, 2 June, 1130-1230, Balfour Beatty Community Center, Bldg 6000. "Taming the Spirited Child: Learn strategies for parenting challenging children without breaking their spirits." Parents bring your little ones (up to age 4) for fun, interactive play. While the children learn social skills in this environment, parents can share family tips and enjoy each other's company. Partnership with BBC. Call 301-619-3404.

### Words that Change Minds, Mastering the Language of Influence

Fri, 4 June 2010, 0830 to 1630, Community Support Center, Bldg 1520. Learn exactly how your client is motivated to change. Imagine knowing what gets in the way of your client getting unstuck and then having the strategy to make a difference. Would it interest you to be able to clarify the differences that block communication between people at work or a couple family, or group? Would you like to learn to design compelling statements to build deep rapport with people? This training is conducted by Ken Allen, LCSW-C. Pre registration required, call (301)619-2408.

### Computer Workshop: Learn to use Social Media Technology

Wed, 9 June, 1130-1300, Bldg 1520, ATC CR. Learn to use Facebook, Twitter, and Linked-In to gain employment! Call 301-619-2208 for information.

### Scream Free Parenting

Thursdays on 10, 17, 24, June, 1200-1330, Building 1520, Breakout Rm 3. Learn how to take control of your emotional responses and relate to your children in a cool, calm, and connected way. For parents of kids of all ages. Call 301-619-3404. Pre-registration preferred. Possible child care provided with 2 week notice.

### National Capital Region ISFAC Meeting

Thur, 10 June, 1000-1200, Bldg 1520, Rm 5. The NCR-ISFAC coordinates efforts to offer a seamless delivery of services between military and civilian agencies that support military, DoD civilians and their families. USAGOutreach@amedd.army.mil or 301-619-3787

### Army Family Action Plan Advisory Council

Mon, 14 June, 1300-1430, Bldg 1520, Rm 4. The Advisory Council assists in the planning and training aspects for the local AFAP conference. All are welcome to attend. USAGOutreach@amedd.army.mil or 301-619-3787

### Transition Assistance Program (TAP) Class

15-18 June, 0800-1630, Bldg 1520, CR 7. Call 301-619-2208 for information.

### Anger Management

Tue, 15 June, 0900-1600, Bldg 1520, CR 4. Learn how to control your anger before it controls you! Anger extracts a toxic cost. It sabotages careers, alienates family and friends, and may be so physically damaging that it can shorten your life. You'll get a deeper understanding how anger affects all areas of your life—both physically and emotionally. Learn tools to manage your anger appropriately and effectively. Pre-registration requested. Call 301-619-7171 to register or for information.

### Mastering the Magic of Play

Wed, 16 June, 1000 to 1200, Balfour Beatty, Bldg. 6000. An opportunity for parents to learn how they can create a "Special Play Time" with children of all ages in order to help them better manage their emotion and improve their behavior while also strengthening the parent-child bond. Dr. Rob Scuka, Executive Director of the National Institute of Relationship Enhancement will be facilitating the class. Workshop will be especially beneficial to families who have had recent changes such as a birth of a sibling, separation, or change in schools. For information call (301)619-2408.

### Computer Workshop: Learn File Management Skills for the Office

Wed, 16 June, 1130-1300, Bldg 1520, ATC CR. Call 301-619-2208 for information.

### Home Seller's Workshop

Thur, 17 June, 1130-1330, Bldg 1520, CR 4. Learn how to prepare, market, and sell your home. Call 301-619-6364 for information.

### Support Group "Diet, health and chronic illness. What is the Connection?"

Wed, 23 June 1130-1230. ACS Family Room, Bldg 1520, Freedman Drive. Speaker: Michelle Hewitt, ACS EFMP Manager will provide info how diets can impact the immune system, your health and contribute to chronic illness. Call 301-619-3385.

### Stress Management and Reduction

Wed, June 23, 11:30-12:30, Bldg 1520, Rm 7. Call 301-619-3404. Tips on relieving stress in the home.

### Resource Fair for Expectant Parents & Parents of Infants and Toddlers

Wed, 30 June, 1130-1330, Balfour Beatty Community Center, Bldg 6000. The Family Advocacy Program on Post has lots to offer. Check out our many resources in the community. Come pick up an array of helpful items, learn about on and off post offerings and meet those who can provide support. Partnership with BBC. For information or to register, call 301-619-3404.



## ARMY COMMUNITY SERVICE 2010

# CALENDAR OF EVENTS



**Fort Detrick FMWR  
Frederick, Maryland**

[www.detrack.army.mil/MV](http://www.detrack.army.mil/MV)



## 2010 EVENTS CALENDAR

# June



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<p><i>Bldg. 1520</i></p> <p><b>Chief</b> <i>Phone 3249</i></p> <p>Administrative Assistant 2197</p> <p>Employment 2208</p> <p>AER/Financial Readiness 3455/3456</p> <p>Family Advocacy Program 7171</p> <p>Relocation Readiness 6364</p> <p>Outreach Coordinator 3787</p> <p>EFMP 3385</p> <p>AVCC 3171</p>		<p><b>1</b></p> <p><b>Magic 1, 2, 3</b></p> <p><i>0900-1100, Chapel</i></p> <p><b>Kids and Internet Safety</b></p> <p><i>1200-1300, Bldg 949</i></p>	<p><b>2</b></p> <p><b>PCS Briefing</b></p> <p><i>0800-1200, Bldg 1520</i></p> <p><b>Playgroup</b></p> <p><i>1130-1230, *Bldg 6000</i></p>	<p><b>3</b></p>	<p><b>4</b></p> <p><b>Words that Change Minds</b></p> <p><i>0830-1630, Bldg 1520</i></p>	<p><b>5</b></p>
<p><b>6</b></p>	<p><b>7</b></p>	<p><b>8</b></p> <p><b>Magic 1, 2, 3</b></p> <p><i>0900-1100, Chapel</i></p>	<p><b>9</b></p> <p><b>Computer Workshop</b></p> <p><i>1130-1300, Bldg 1520</i></p>	<p><b>10</b></p> <p><b>National Capital Region ISFAC Meeting</b></p> <p><i>1000-1200, Bldg 1520</i></p> <p><b>Scream Free Parenting</b></p> <p><i>1200-1330, Bldg 1520</i></p>	<p><b>11</b></p>	<p><b>12</b></p>
<p><b>13</b></p>	<p><b>14</b></p> <p><b>Army Family Action Plan Advisory Council</b></p> <p><i>1300-1430, Bldg 1520</i></p>	<p><b>15</b></p> <p><b>Magic 1, 2, 3</b></p> <p><i>0900-1100, Chapel</i></p> <p><b>Anger Management</b></p> <p><i>0900-1600, Bldg 1520</i></p> <p><b>Financial Readiness</b></p> <p><i>0800-1600, Bldg 1520</i></p>	<p><b>16</b></p> <p><b>PCS Briefing</b></p> <p><i>0800-1200, Bldg 1520</i></p> <p><b>Computer Workshop</b></p> <p><i>1130-1300, Bldg 1520</i></p> <p><b>Magic of Play</b></p> <p><i>1000-1200, *Bldg 6000</i></p>	<p><b>17</b></p> <p><b>Home Seller's Workshop</b></p> <p><i>1130-1330, Bldg 1520</i></p> <p><b>Scream Free Parenting</b></p> <p><i>1200-1330, Bldg 1520</i></p>	<p><b>18</b></p>	<p><b>19</b></p>
<p><b>TRANSITION ASSISTANCE PROGRAM (TAP) CLASS</b></p>						
<p><b>20</b></p> 	<p><b>21</b></p>	<p><b>22</b></p> <p><b>Magic 1, 2, 3</b></p> <p><i>0900-1100, Chapel</i></p>	<p><b>23</b></p> <p><b>Support Group: Diet, Health and Chronic Illness.</b></p> <p><i>1130-1230, Bldg 1520</i></p> <p><b>Stress Management</b></p> <p><i>1130-1230, Bldg 1520</i></p>	<p><b>24</b></p> <p><b>Scream Free Parenting</b></p> <p><i>1200-1330, Bldg 1520</i></p>	<p><b>25</b></p>	<p><b>26</b></p>
<p><b>27</b></p>	<p><b>28</b></p>	<p><b>29</b></p> <p><b>Magic 1, 2, 3</b></p> <p><i>0900-1100, Chapel</i></p>	<p><b>30</b></p> <p><b>Resource Fair for Expectant Parents &amp; Parents of Infants &amp; Toddlers</b></p> <p><i>1130-1330, *Bldg 6000</i></p>	<p><i>* Balfour Beatty Communities (BBC) Center</i></p>  <p><b>Fly them High . . . Fly them PROUD!</b></p> <p>14 June - Flag Day</p>		